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MN011801. Nurse Corps Celebrates 93 Years
Washington, DC - The Navy's Nurse Corps will celebrate 93 years of caring on May 13, marking a milestone that sees 5,000 active duty and Reserve nurses serving in fleet hospitals, on ships, with the Fleet Marine Force, at headquarters units, and in military health care facilities worldwide.
RADM Kathleen Martin, NC, director of the Navy Nurse Corps, credits the innovation and strength of today's corps with its impressive cadre of professionals.

"It has taken us 93 years to achieve the successes we have today. The dedication and strong leadership of the 18 directors that preceded me have recruited and retained the greatest nurses in the world," said Martin.

Today's Navy Nurse Corps has roots leading back to 1862, when four adventurous and compassionate nurses volunteered to care for Civil War soldiers and sailors aboard the floating hospital RED ROVER. These women bravely served until the end of the war and are generally accepted as the founders of today's Nurse Corps.

For the next 50 years, the Navy relied on contract nurses, never more than 20 at a time, paid only \$4 a day, to care for the sick.

During this time, several bills were submitted to Congress to establish a Nurse Corps, but all were rejected until May 1908. The approved bill authorized "one superintendent, several chief nurses, and as many reserve nurses, as deemed necessary." Later that year, the first 20 nurses

reported to the U.S. Navy Hospital in Washington, D.C. for duty.

As time passed, the number of nurses increased, their pay and working conditions improved and they became accepted as naval officers as well as healthcare professionals.

Today, the Nurse Corps may be one of the most paradigm-shifting, diverse groups in the Navy. "Thirty-five percent of the corps is male and twenty percent are minorities," noted Martin. "We have enjoyed a great diversity in practice with nurses involved in all aspects of Navy Medicine - executive, operational, advanced practice nursing, direct patient care, informatics, personnel management, recruiting, and Joint services."

Navy nurses have had a particular impact on Navy Medicine in the areas of wellness, TRICARE implementation and healthcare delivery enhancement.

"Navy nurses are leaders in creating healthcare teams and developing partnerships for optimal health promotion and organizational performance," said Martin. "We have taken the lead from headquarters level to commands, implementing TRICARE and strategic planning, optimization and integrated healthcare delivery."

In the future, Martin sees the Nurse Corps focusing more emphasis on the dual role nurses have as naval officers and healthcare professionals.
By Aveline V. Allen, Bureau of Medicine and Surgery

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MN011802. Navy Dentist Saves Injured Motorcyclist

Bremerton, WA - LT Molly Gannon, DC, was commuting to her new assignment at the Branch Dental Clinic in Bremerton as she'd done every morning for the past week. It was misty and foggy, like so many early mornings on the Washington coast. When she saw a car pulled off to the side of the road with its hazard lights flashing, she slowed. When she noticed a motorcycle in the ditch, she stopped. And when she realized what she thought was debris in the road was really a man, she ran to help.

A car had hit a motorcyclist, instantly and traumatically amputating his leg. Gannon grabbed a towel from a pile of laundry in the back seat of her car, and raced to the victim.

"He rolled over to look at me the minute I came up on him," said Gannon. "I immediately started applying pressure to his leg to stop the bleeding."

When that didn't work, a fellow rescuer who had also stopped gave her his belt, and together they applied a tourniquet.

The bleeding stopped, Gannon turned her

attention keeping her patient calm.

"He kept trying to get up. We had to hold him down," she said. "I kept talking to him, telling him it was going to be OK."

Gannon and her fellow rescuer also found the victim's severed leg, which they put in a plastic bag with the hope it could be reattached.

Paramedics arrived 10 minutes later. The victim was airlifted to a trauma center in Seattle.

Andre Plenge, a paramedic with the Poulsboro, Washington, Fire Department was one of the first to respond to the accident. Later, he wrote to Gannon's commanding officer, telling him that without her immediate and appropriate care, the victim could have easily bled to death.

Gannon said the decision to stop and help was automatic.

"It kind of kicked in," Gannon said. "I was a triage officer on USS SUPPLY. We went over these things all the time."

Unfortunately, the accident victim's leg couldn't be reattached, but he's doing fine and is expected to be released from the hospital soon.

By Jan Davis, Bureau of Medicine and Surgery

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NM011803. Commander in Chief Salutes Armed Forces

Editor's Note: Armed Forces Day 2001 is May 19. It was established Aug. 31, 1949 by then Secretary of Defense Louis Johnson. More information, including locations of national celebrations, is available at www.defenselink.mil/afd.

Following is a salute to the men and women of the Armed Forces from the Commander-in-Chief:

"I am proud to offer my sincere thanks during Armed Forces Week to the brave men and women who protect our Nation.

"During the past several months, I have been privileged to witness personally the depth of your dedication and the strength of your character. The professional manner in which you conduct your duties, your can-do spirit, and your sense of patriotism all reflect the fact that our Armed Forces are second to none in the world.

"In a world of both existing and emerging threats, you provide a strong and steady defense. Because of you, America is a secure nation where our citizens can hope, dream, and live their lives in freedom.

"My office holds no greater honor than to serve as your Commander in Chief. On behalf of all Americans this Armed Forces Week, I salute you for the tremendous contributions you make to our

Nation's defense. You are guardians of peace and liberty and have the thanks of a grateful Nation.

"May God bless you all. George W. Bush"

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MN011804. Bangor Sailors Turn Out For Bone Marrow Drive

Bangor, WA - Sailors from throughout Naval Submarine Base (NSB) Bangor stood in line to give a little blood that has the potential to help save a life.

Recently, the C.W. Bill Young Department of Defense Marrow Donor Center and SNB Bangor sponsored a bone marrow drive, drawing blood samples that would be used to type individual's bone marrow. With several days of the drive yet to go, 500 samples had been collected, which will be tested at the Navy's human leukocyte antigen testing laboratory. The results, along with other information taken from an accompanying questionnaire, will then be added to the National Marrow Donor (NMDP) Program Registry.

The nation-wide bone marrow registry is used to find perfect matches for individuals who need a bone marrow transplant, usually as a result of cancer. Donors must be a perfect match; the more individuals in the registry, the greater the chances of finding a lifesaving bone marrow transplant.

Almost 80 percent of the USS GEORGIA (SSBN 729) Gold Crew turned out for the drive, and also assisted with the drive's coordination. One of GEORGIA's young Sailors was recently diagnosed with leukemia, a cancer sometimes treated with bone marrow transplantation.

By JO3 Kodi Nace, NSB Bangor

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MN01805. Navy Therapist to the Rescue of Five Year Old

Yokosuka, Japan - The splash in the lake seemed too big for a fish. LTJG Doug Hood, MSC, looked closer just in time to see a head of hair disappearing below the surface.

Within seconds he'd jumped a wall and was in the water, rescuing 5-year-old Tatsuya Fujioka.

Hood brought the boy to a nearby concrete embankment and lifted him to waiting arms. Tatsuya was wet and bewildered but otherwise unhurt. Like any curious five year old, he'd been chasing water bugs.

"I tried to stop my brother but he wouldn't listen," said older sister Manami.

Tatsuya and Manami came to Yokosuka Navy base recently with their mom Kiyoko to thank Hood in person.

"My daughter told me the man who helped was an American. I didn't know how I could thank him," Tatsuya's mother said. "I appreciate what he did for my son."

The family received a windshield tour of the base and the waterfront to see the ships, and also visited The Sullivans School and Yokosuka's Educational and Developmental Intervention Services, where Hood works as a physical therapist for U. S. Naval Hospital Yokosuka.

Hood downplayed his potentially lifesaving rescue.

"I don't know if it was really a lifesaving instance or just being in the right place at the right time," he said. "But it felt good to represent the Navy in a positive way."

By Bill Doughty, U.S. Naval Hospital Yokosuka, Japan

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MN011806. Navy Presents Fisher Award to Businessman Washington, D.C. - It was the Navy's opportunity this year to present an award to a particular civilian for outstanding humanitarian support of military personnel and their families. Acting Secretary of the Navy Robert Pirie Jr. recently presented the Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award to Colorado businessman Harold U. Littrell during a May 3 ceremony at the Pentagon's Hall of Heroes.

The award was established by Zachary and Elizabeth Fisher. It recognizes civilians who have dedicated their time and talents toward helping service members. The Fishers are also the sponsors of more than 30 Fisher House locations at military treatment facilities around the world.

Littrell was recognized for his efforts to enhance the quality of life for service members serving at Fort Carson, Colo. He helped raise money for family and morale, welfare and recreation programs, and also facilitated a bill in the Colorado legislature providing in-state tuition for military members and their children. Littrell is chairman of the board of Air Academy National Bank, Colorado Springs, Colo.

During the presentation, Pirie called the Fisher's work a "beacon of light for all of us."

The services rotate hosting the award each year. In 2000, the award was presented by the Air Force to a Texas businessman for his volunteer and humanitarian efforts to Navy personnel in the South

Texas area.

From the Navy Wire Service

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MN011807. TRICARE Question and Answer: Newborns

Question: I am due to have a baby in two weeks. How do I get healthcare coverage for my newborn?

Answer: From the moment your baby is born and for the next 120 days, your baby is given TRICARE Prime status, whether you or your sponsor are enrolled in Prime or not. At the end of 120 days, your baby's TRICARE status will revert to Standard unless you specifically enroll him in Prime.

If you wish to make a choice other than Prime for your baby for his or her first 120 days, you must submit a change form to your healthcare contractor. Forms are available at your local TRICARE Service Center or Military Treatment Facility.

Registering your baby in DEERS as soon as possible after his or her birth is very important. Claims for civilian care under any TRICARE status - Prime, extra or Standard - cannot be paid until your baby is registered.

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MN011808. HealthWatch: Keeping Your Cool With Water

Almost every living thing needs water for survival. In people, regulates body temperature, lubricates joints, keeps cells and organs functioning and passes waste through the body. Water not only maintains and regulates the body's systems, but also acts as a preventative measure against common ailments.

"Heat related illnesses are one hundred percent preventable," LT Sean Murphy, MC, flight surgeon at the U.S. Naval Academy in Annapolis, Md. said. "Summer is here and the number of people suffering from heat-related illnesses soars - people don't realize the seriousness of dehydration."

Dehydration is a lack of water in the body, which can lead to decreased coordination, fatigue, headaches, dizziness, nausea, and vomiting. Extreme dehydration can lead to heat exhaustion or heat stroke, where the body loses excessive water and salt through perspiration and can have a very serious - even fatal - effect on the body.

According to Murphy, the average adult loses approximately a quart of water a day that needs to be replaced. Bodies may also lose additional fluids due to heat, humidity, increased outdoor activities,

and exercise. Individuals who are overweight, seniors, children, and people suffering from an illness are also more susceptible to dehydration.

So how do you tell if you've been drinking enough water? Your urine should be clear or light yellow and odorless. If urine is darker or has an odor, you are not getting enough water. Also, swollen hands and feet are a signal that you're not getting enough water. When you're properly hydrated, your body will release excess fluids.

To keep your body properly hydrated and healthy, it's wise to adopt good "hydration habits":

- Drink at least four 8-ounce glasses of water per day. Take time throughout the day for a glass of water whether or not you feel you need it. If you wait until you feel thirsty, you may already be dehydrated.

- Drink 8 to 10 ounces of water every 15 minutes during a run and another 10 to 12 ounces immediately following your workout. Your body can lose water quickly when exercising in hot weather.

- Be sure to drink water before, during and after sun exposure. In hot weather, people experience more water loss. Drink at least one additional quart of water per day to compensate for this loss.

- Choose water over soda. Beverages containing caffeine are diuretics. Although many beverages contain a water base, it is still a good idea to drink pure water as it does not contain caffeine, sugar, salt or other additives.

- Active children can lose several quarts of water daily. Children are more sensitive to the effects of high temperatures, so it is very important for parents to encourage them to drink plenty of fluids.

- Have your child take a water break 3 or 4 times hourly while playing outside or participating in sport activities. Don't expect the coach or other adult supervisors to provide beverages for your child.

- Carry water in your beverage holder when you go for a bike ride.

- A tip for commuters: Keep a large bottle of water in your car. Traffic jams can cause not only your car to overheat, but your body as well.

- Include water in the cooler when you pack your car for a weekend trip. Freeze a partially full bottle of water the night before a trip and fill it up with more bottled water before you leave, and you'll have chilled water all day long.

- Don't drink water from lakes, rivers or pools
- this water could contain harmful contaminants.

- Older adults have a decreased ability to respond to temperature changes and are more prone to dehydration. They should consistently drink water throughout the day even when they are not thirsty.

If you are experiencing dizziness and nausea on a warm day, you may be suffering from heat exhaustion or heat stroke. Treatment for heat exhaustion includes drinking plenty of water with a teaspoon of salt per quart.

Heat stroke victims may faint. Cool them off as fast as possible by dousing them with water and fanning and massaging extremities.

Especially in the case of heat stroke, seek medical attention immediately. It can be life-threatening.

By Nicole Deaner, Bureau of Medicine and Surgery

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